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DECEMBER 1, 2022 | VOLUME 13 | ISSUE 23

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The best democracy money can buy:
reflections on midterm elections,
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NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

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"The View from Halfway Down," season six episode 15, explores emotional and psychological struggles with suicide and failed suicide in a way that is uncommon for TV media.

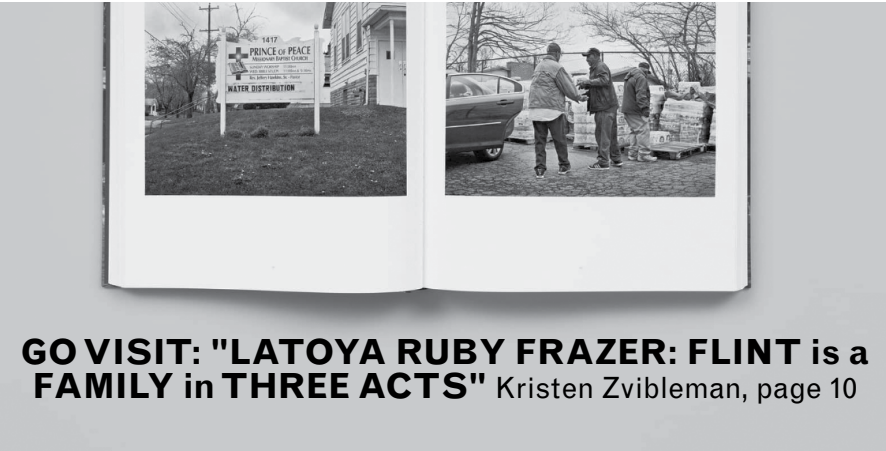
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GROUNDCOVER NEWS

CREATING OPPORTUNITY AND A VOICE FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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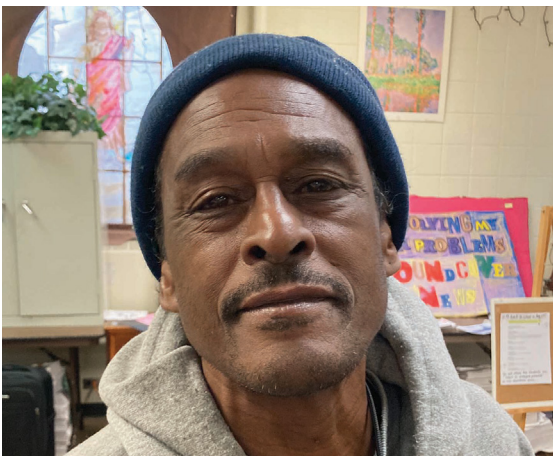
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Funds will be used to purchase Christmas gifts and winter gear for Groundcover vendors

MEET YOUR VENDOR



Leon Odom, vendor No. 500

In one sentence, who are you?
A man trying to make a better way.

Where do you usually sell Groundcover News?
Liberty Park.

What is your favorite thing to do in Ann Arbor?
Talk to people.

What's the best way to start the day?
Pray.

What motivates you to work hard selling Groundcover News?
I'm homeless and trying to get off the street.

What are your hobbies?
Staying alive.

What is your favorite spot in Ann Arbor?
Everywhere.

What words do you live by?
Walk and chew gum at the same time.

What is your superpower?
God.

What is the most impressive thing you know how to do?
Think.

What is something you wish you knew more about?
Life.

What is something someone on the street wouldn't know?
I'm 60 years old.

What would YOU ask?

If you have a question or issue you would like Groundcover vendors to discuss, email us at contact@groundcovernews.com

We will be featuring vendor responses in future issues.

Truth or Lies: The Christmas family

Dinah had a rough childhood living in foster homes until her 19th birthday. Her mother was a single parent who left her at the hospital in Ohio at birth. Even though she had not been able to find her mother in the last three years of searching, she was not bitter.

She finally had good foster parents she had lived the last five years with: Sam and Betty Franken, a Christian family who loved all living beings. They had taken in a total of 15 children in their big farm house. Growing up on a farm Dinah learned to love and care for animals.

Living in 12 foster homes in 19 years was tough, but no matter the circumstances, Dinah was determined to attend college and graduate and become a veterinarian. After applying to 50 colleges and writing over 100 essays she won a full scholarship to Michigan State University's veterinary program. Dinah dreamed of opening her own veterinary rescue shelter.

Her parents drove her to college on a Saturday. Dinah was excited. She could not wait to get into her program and to meet new friends. She did not have any friends in Ohio — only sisters and brothers who were adopted also.

It was Monday morning. Dinah



FELICIA WILBERT
Groundcover vendor No. 234

was early to class; she met her new best friend Roslan who was from Detroit. She also met Marcous who was from Kentucky; they were paired into a study group.

Time passed quickly. After the first semester, Dinah got a job at a local burger shop. She was very focused and determined to graduate. She did not date or party too often. During her last semester she met Kevin Bronco. He was in his last semester studying to become a brain surgeon. He walked into the burger shop, spoke to Dinah. She looked at him and knew he was someone special.

Kevin loved her from the moment he laid eyes on her. He was a handsome, polite and respectable man who loved God. His parents were happy and loved

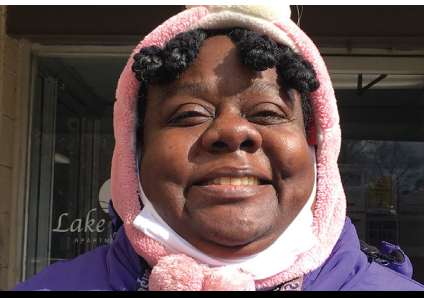
Dinah; they did not care if she was adopted and did not know her birth parents. After graduation they married and her best friend Roslan was her maid of honor. His parents gifted them five hundred thousand dollars and wished them to have plenty of grandchildren. Her parents gifted them ten acres of land in Columbus, Ohio. They decided to build a house and an animal rescue shelter on their new land. Her friends from school, Roslan and Marcous, moved to Ohio and became partners at the shelter.

Two years passed. Roslan and Marcous were newly married. Kevin was working at Columbus Medical Hospital and Dinah was pregnant with their first child. It was Christmas Eve when, while out shopping, Roslan walked into the store and thought the lady at the checkout was Dinah. She spoke to her, letting her know that she would be over after dinner to check on her. The woman was pregnant, almost ready for delivery soon; however, she just looked at Roslan as if she was crazy. The woman was scared and did not speak. She hurried and left the store.

Roslan was looking for her friend after she got her groceries.

see MYSTERY page 10 ➡

Fried Green Tomatoes: favorite movie and food



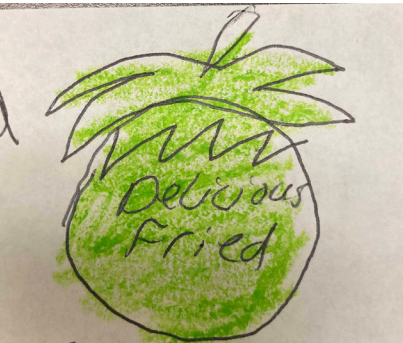
DENISE SHEARER
Groundcover vendor No. 485

herself by telling her the story of her past, her family and friends and how she lived life. She ended up wanting the lady that lived in the nursing home to live with her and her husband.

The movie talks about one of my favorite foods, fried green tomatoes. I don't know why it is called "Fried Green Tomatoes." I assume it's because fried green tomatoes is a meal they cooked at the cafe from the past.

Editor's Note: The book this film was based on is called "Fried Green Tomatoes at the Whistle Stop Cafe" — the name of the cafe mentioned above. There is a rather shocking surprise at the end about the menu of The Whistle Stop but we won't reveal it here; you'll just have to see the movie.

One of my favorite movies is "Fried Green Tomatoes." It is a movie that shows how important friendship is. It is about an unhappy housewife who makes friends with a lady in a nursing home. The lady in the nursing home helps her feel better about



The best democracy money can buy: reflections on midterm elections, healthcare and COVID-19

Ann Arbor saw a flurry of events leading up to the midterm election. Some 1,000 people showed up at the University of Michigan Diag for a Friday evening Democratic party rally. The security fence was lined with ardent supporters who responded to the many promises of a bright future if they turned out to vote, especially if they voted Democrat.

More than \$16.7 billion was spent on state and federal midterm elections according to Bloomberg News. Much of it came from major contributors whose profit motives underpin their giving. Their increased access to politicians affords them the opportunity to state their opinions and influence policies.

There was much talk in the air about a red tide but the increase in voter participation, especially from young people, served the Democrats well. The prevailing principles of our democracy are open to discussion. It looks like the people are open to more progressive views than discourse in the media allows. By progressive, I mean putting the people first rather than the investor class who greatly influence and frame the discussion of the issues. Healthcare is the issue — primarily quality and access.

Healthcare will be in our face until we find a better path to health. It's true that individual choices are important in matters of diet and nutrition. Nevertheless, we need to accept that choices exist in a context of what is available and economical. Factory food is everywhere and food engineers are instructed to design addictive foods by playing with fats and sugars to present consumers with food that appeals to taste and cravings for energy. Nutritionists have long criticized the Standard American Diet and its role in an epidemic of chronic degenerative diseases.

Until we honor our immune system as the framework for health, we will be vulnerable to the latest viral response to the environmental assault of natural wealth extraction offered to the gods of capital. The Earth is our mother and nature is telling us to wake up and look at the results of our actions. It is shocking what is being done in her name. It looks to me like the policy is "use up the Earth's resources and look to space as the next frontier." (Some volcanic islands in the Canary Islands are training grounds for moon and



KEN PARKS
Groundcover vendor No. 490

Mars expeditions.) Human survival is at risk due to the assault on the environment. The coronavirus was likely unearthed because of years of environmental degradation.

The most controversial person on pandemic policy is Dr. Robert Malone for his mRNA research that indicated that one should perform a risk-analysis before choosing to get the COVID-19 vaccine.

That being said, I believe Dr. Peter McCullough is more popular among a large minority of the American people who are opposed to mask and vaccine mandates. Many are those with non-negotiable opinions about healthcare and the lack of it. If you say "Big Pharma" today, the conservative right will welcome you and liberal/progressives may be skeptical. Those talking about the corruption that comes from Big Pharma, such as the Children's Defense Fund with Robert Kennedy, should be in this discussion.

In an earlier article I mentioned "Inflamed: Deep Medicine and the Anatomy of Injustice" by Rupa Marya and Raj Patel. This is the book that I believe needs a study group to help us understand our situation and find a way to genuine healing. I am writing and organizing with this in mind. I need help. We need some consensus about good health, especially our immune system and the environment.

There are some difficult issues about good health science that are not in the public discourse; we are personally and collectively confused on what even constitutes "good health science." Fortunately, some people who were shut down in official media still found chances to communicate on public social media platforms.

Good health should be our starting point: the search for a technological fix for poor practice is not good policy. When I first heard the CDC proclamation that there is no cure for COVID-19 so go home and wait for

the vaccine, I went WHAT?? I soon found Zach Bush, the renegade environmentalist healthcare guy. I was quickly shamed for even listening to him. I had to respond: "Listen to the message before you kill the messenger."

We have much to learn about science and communication. I love Richard Feynman, the legendary physicist, especially his short and simple formula to tell a fake scientist from a real one.

Basically, if the scientist cannot explain the phenomenon simply, they might not really understand it. The ability to use words does not mean that you are experienced in the reality of which you speak.

When Senator Rand Paul accused the CDC of funding "gain of function" research (genetic research that determines possible mutations of a virus) with the Wuhan Lab, many of us made AHA! conclusions based on the early Cold War research on chemical and biological warfare that was shut down after whistleblowers exposed the operations at Ft. Detrick, Maryland. That work continued and "gain of function" was to find new viruses and make them more deadly and transmissible so that new vaccines could be developed. I think the Wuhan Lab has been shut down, too.

Trusting "gain of function" research requires a belief that technology will solve all of our problems. We sure need more of the transparency and accountability we hear so much about. Who is working on that? Let's talk! The Front Line Covid Critical Care Alliance should be a partner in this struggle.

We are in a grand experiment to find a healthy body, speech and mind. I am going out on a limb but if there is fruit on it I will continue slowly and look for branches below me in case this one breaks. I think we are biologically evolved to take risks in the course of our adventures. Not all of our ancestors survived but those who did tell us stories of loss and grief as well as victory and celebration.

If you go to pow-wow, the rhythm of the drums will touch your life from the earth under your feet and you will move. It may be the last dance because you do not know if you will return but this moment is celebrated in ceremony as an offering for the survival of the people. That means all our relations.

The importance of a fresh breath for a clear look at our life appears to be

Healthcare will be in our face until we find a better path to health... We need to accept that choices exist in a context of what is available and economical.

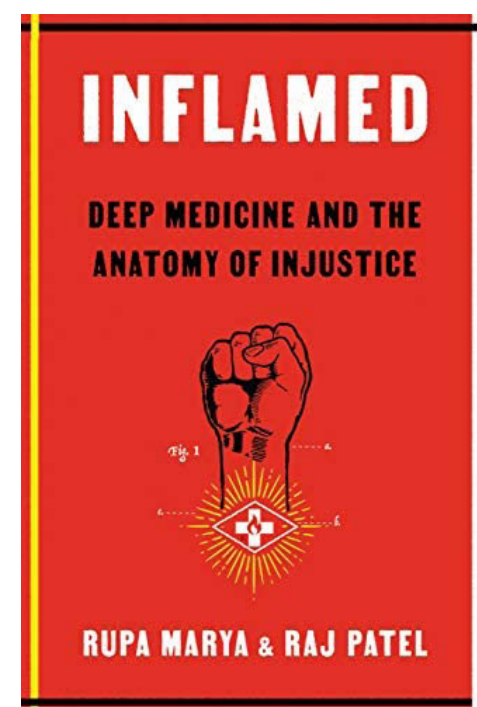


our best approach to doing something good. To breathe in gratitude that we are still here and to breathe out compassion is one of my favorite exercises. Indigenous-centered means to discover your own heart which is also the heart of the world. The most honorable way to welcome new life is to care for the people here now.

An honest dialogue about our physical health can be healthy for a democracy that tunes into the needs of the people. This is the place to start as we see the imbalance between humans and nature and struggle for equity here. The struggle continues and every front has its role as we go from healthy body, speech and mind to healthy social relations. Democracy at work is a worthy goal.

Thank you for your patience! Let us continue!

Author's note: If you are interested in joining a study group on the book below (mentioned paragraph seven), or have general feedback, please contact me at kenalparks@gmail.com.



"Inflamed: Deep Medicine and the Anatomy of Injustice" is about the link between health and structural injustices.

2022 Writers of Ypsilanti announced

BRENT MILLER
YpsiWrites

YpsiWrites, a writing-based nonprofit that believes everyone is a writer, is excited to introduce the 2022 Writers of Ypsilanti. YpsiWrites' theme for the coming year is Write for Change, and all 11 of this year's writers embody that theme. Included here are quotes from the individuals who nominated them and from the writers themselves.

Angela Verges was nominated by Debbie Taylor. When asked about the writing she does, Angela said, "I believe my writing encourages, informs, and inspires. It inspires personal growth [and] can encourage the reader to step out of their comfort zone and try something they've always wanted to try."

Lauren Fardig-Diop was nominated by Lynn Malinoff, who said, Lauren is "deeply committed to writing, the writing process and publishing. She walks the talk and spreads the writing love. She is a strong influence on young writers."

Brian Geringer was nominated by Sarah Rigg, who shared that he "regularly writes news and commentary about the Ypsilanti area, with a focus on government and political issues, including affordable housing."

"When I write — at least when I'm feeling it," Brian

said, "I try to think through the mind of the reader. How will a certain combination of words land in their mind's ear? I feel when writing is done well, the stories it tells about reality become insurmountable. It's an honor every time someone reads something I've written!"

Ciatta Tucker was nominated by both Molly Raynor and Venus Pasha, who celebrate Ciatta as someone who "writes for her community, for Black girls, capturing the often untold stories of her family and of Ypsi. And she writes for herself, healing and practicing self-love through her personal, self-portrait poetry. ... Her poetry is rich with original imagery, figurative language and storytelling. She also has an incredibly powerful delivery when performing."

Nuola Akinde, who was nominated by Antoinette Moncrieff, has, according to Antoinette, "been an integral presence as a writer, educator and community activist in Ypsilanti for many years. She directed the Kekere Freedom School in Ypsilanti, and was part of the Little Lake Learning Community before that. She also works closely with the Ypsilanti-founded organization, 'Black Men Read.'"

Chanel Stitt, Cynthia Fassbender, Nesi Jordan, Maria Patton, Janice Anschuetz, Greg Pizzino and Maria Patton were also nominated and honored with this title! For more information, visit ypsiwrites.com.

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The view from halfway down: "Bojack Horseman's" striking message

If you've heard anything about the Netflix series "Bojack Horseman," you probably know it has covered a variety of serious topics throughout its six seasons. Themes such as generational trauma, substance abuse and depression are frequently discussed.

The titular character is a washed-up sitcom star who struggles with extreme trauma and attempts suicide multiple times. In fact, many fans speculated the show would end with Bojack attempting one last time and succeeding. How can a series that stars a deeply suicidal character stop countless real people from taking their own lives? The answer is found in the show's penultimate episode, "The View From Halfway Down."

"The View From Halfway Down" is frequently referred to as one of the greatest "Bojack Horseman" episodes due to its extreme detail and emotional premise. The episode features Bojack reuniting with the now-deceased characters who played a massive role in his development. The group discusses many thought-provoking topics, such as the best and worst parts of their lives and the sacrifices they made. While Bojack spends the beginning of the episode



RACHEL BRAUN
U-M student contributor

assuming he's just dreaming, he grows increasingly worried as he gets deeper into the illusion and doesn't wake up.

He eventually remembers that after getting extremely intoxicated, he decided to get into his pool. He is alone, drowning and trapped in his own imagination, unable to do anything to save himself. Bojack is forced to watch each deceased character give a final performance before catapulting themselves into a door that seemingly leads to black nothingness. Most of them calmly accept their demise, but one person behaves in a very different way: Secretariat.

Secretariat is a recurring character in "Bojack Horseman." Based on the



Bojack Horseman's episode "The View from Halfway Down" explores emotional and psychological struggles with suicide and failed suicide in a way that is uncommon for TV media.

real life racehorse, he's personified into an inspiration that Bojack looks up to as a child. Young Bojack sees the athlete as an escape from his disturbing homelife and admires his success.

After being banned from racing due to illegal betting, Secretariat jumps off a bridge to his death. In "The View From Halfway Down," Secretariat is the one character that is more focused on his death than his life. When

discussing the best and worst part of his life, he says "Best part? Jumping off that bridge."

However, he later tells Bojack he doesn't believe the other deceased characters are truly at peace like they claim. He states that every one of them would go back if they could, implying that he is not actually satisfied with his choice.

see **BOJACK** page 11 ➔



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AARON SUGANUMA
REENTRY COORDINATOR
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The killing machine: mental illness

On a fall Friday night in 1989, I was at a dance party on the third floor of the University of Michigan Union. I was somewhat inebriated, dancing like there was no tomorrow. At some point, I remember going to the window for some fresh air and to cool off. As I gazed into the night, I seen a car drive by – a gold Honda Accord with tinted windows. I thought to myself, "that might be Mike Damron" — he has a Honda Accord like that. Mike Damron was popular (That Guy) in our neighborhood.

The next morning, news was that Mike Damron was murdered last night at a house party in Pine Lake apartments in Ann Arbor. Then David James got murdered around that same time period. In 1992, my day-one childhood friend Steve Hogrow was also murdered in Pine Lake apartments. This was the start of a new era: Black on Black gun violence in America.

The year 1999, almost at the end of my drinking and drugging tenure, I was sentenced to 30 days in the Washtenaw County Jail for, probably, numerous minor offenses like "open intoxic," disorderly conduct and other things of that nature. My residence in County Jail was J Block — also known as 'freedom block.' Other blocks — A, B, C and F — were for inmates with serious offenses.

In a drug and alcohol class in the



MIKE JONES
Groundcover vendor No. 113

Washtenaw County Jail, I met a young lady named Jennifer with beautiful blond hair and blue eyes. We took a liking to one another. We started to exchange love letters and planned to hook up when we both got released from jail. She got out a few weeks before I was to be released; unfortunately she overdosed on heroin before we could ever meet up with one another. Again this was the start of a new era of violence in America: drug overdose.

I believe most people can relate to most of what I'm writing about because we all are directly affected in some way or another by all these pervasive social ills. Primary topics I'll be discussing include: Black on Black gun violence, drug overdoses and suicide, mental illness, mass shootings and COVID-19.

I'll start with mental illness.

Everybody knows someone who suffers from mental illness, whether they are aware of it or not. Mental health includes our emotional, psychological and social well being. At all ages, mental health is a very important part of our lives.

There are several types of mental illnesses. In my opinion, the most serious mental illness is schizophrenia which is related to depression and severe bipolar disorder.

What causes mental illness? Stress, financial problems, and the loss of a loved one, to name a few, can cause mental health problems.

The signs of mental illness are behavioral. A person might be extremely quiet or withdrawn and/or have an outburst of anger. The professionals say there's no cure for mental illness, but they say a person can recover and live a healthy life if diagnosed and treated. Mental illness is common in the United States; nearly one out of five adults live with it.

Mental Health America reports millions of adults in the U.S. experience serious thoughts of suicide, with the highest rates among multiracial individuals. In the United States, there are an estimated 350 individuals for every one mental health provider. In the "American Journal of Psychiatry"

article "Rethinking the Role of Mental Illness in Suicide," author Michael R. Phillips, M.D., M.P.H. states, "Psychological autopsy studies in high-income countries have consistently found that at least 90% of people who die of suicide are suffering from a mental illness disorder at the time of death."

Many blame mental illness as the fundamental cause of all the mass shootings we see and hear on the news daily, and others argue that mental illness is not the main cause of mass shootings in the United States.

Look for future issues of Groundcover News in 2023 for further discussion on The Killing Machine: gun violence, drug overdoses and COVID-19.

NOT SO FUN FACTS:

1. Nearly one out of five live with mental illness (52.9 million in 2020).
2. There were an estimated 107,622 drug overdose deaths in the United States during 2021.
3. At least every other day, a Black person is killed by police.
4. Every day, on average, 316 people in America are shot by a firearm.
5. There have been 540 mass shootings in the United States in 2022, as of October.
6. The total U.S. deaths from COVID-19: 1,054,443 as of October 4, 2022

My life: living and functioning with mental illness

ANONYMOUS

I am sure that I have suffered from emotional trauma, as I was constantly exposed to physical violence since around four years of age. I am severely traumatized to this day after being tricked by a male figure to engage in homosexual and incestuous behaviors.

I was very sheltered in one household and not protected in the other.

I really loved and enjoyed reading the Bible. I looked forward to going to Bible study, Sunday School and singing the old gospels. I loved learning about The Lord Jesus Christ! Although I would do certain things to fit in — or to me, be like someone else. I never felt like I needed to be anything other than who I was created to be.

I never fully felt like I fit in. I did not know how to maintain healthy friendships. I felt like the oddball in my family.

My mind has been polluted. I have been mentally afflicted for 49 years now. I heard this pastor teaching from the scriptures of the Bible. That true teaching of the Word let me see how lost and confused I had been, listening to false

teachers in all areas of my life. I was innocently too open about a lot of things and was taken advantage of for it.

In light of these things, I see myself as an unsung victor. Living with mental illness symptoms can be very humiliating. I am subjected to shame, embarrassment, being dismissed and being dissed. It is very difficult to describe the intensity of their effects. I believe that it may be similar to what others experience, and yet unique for me. I work really hard to prevent these occurrences.

I sometimes isolate myself. Of course, I cannot hide from the world. I know it's not a cure. It just keeps me safe from others. If I exhibit more pronounced symptoms, it can be disturbing and unsettling for some people who witness them. Lack of adequate sleep usually makes me feel psychotic and irritable.

I have both experienced and endured compounded traumas and torturous acts to this present hour. To my mind, your heart never fully recovers from such deliberate, barbaric treatment. It is very challenging for me to trust. I resent the very idea of being lied to, deceived in any form. Let me choose for myself. Don't

presume to think that you know what is better for another!

I have not been able to take the medication prescribed to me due to a medical condition that has not been fully diagnosed. It was December 2021 when I had to discontinue my mental health medication. I was made aware on the day of my appointment, after waiting over two months, that my insurance did not cover the procedures. I do not understand why I wasn't made aware of this issue earlier. However, I cannot stop

living my life.

In sum, this is the tip of the iceberg of things that I constantly face, and champion. I am very optimistic that what I am enduring is not in vain. I am also sure that I did not hear that pastor preaching and teaching straight from the scriptures of the Bible. I know that The Lord Jesus Christ is a healer and creates a "NEW" creature in me. That is what I am striving for now. I hope that these words bring you hope! May you be drawn to the Almighty Living God!!

Can we make peace with Putin? Hear Scott Ritter on Ukraine

America's foremost military whistleblower will be in Ann Arbor for a 3-day event as part of a book tour for his latest publication, *Disarmament in the Time of Perestroika: Arms Control and the End of the Soviet Union*.

Come hear what Scott has to say on the latest crisis in Ukraine, how the US can end this proxy war with Russia, and restore peace to Ukraine and the world.

RSVP online at annarborcoalitionagainstthewar.org

Thursday December 1st, 6:30 p.m. Original Cottage Inn, 512 E Williams St
Friday December 2nd, 6 p.m. Journey of Faith Church, 1900 Manchester Rd
Saturday December 3rd, 12 p.m. Ann Arbor District Library — downtown branch



Will power

RUTH BISHOP AND SARAH JABOUR
The Storytelling Project

Will is the kind of person that when you meet him, you will never forget him. We first met Will during Saturday morning breakfast at Mercy House, a House of Hospitality in the Catholic worker tradition on W. Huron Street in Ann Arbor. We also got to know Will through his prolific writing in Groundcover News. Will is a deep thinker and during one of our storytelling sessions, he said something that captured the key takeaway of this storytelling project: “[people who are] homeless are not a monolith. There is diversity and complexity within their experiences. Some may say they want housing or security, some want medical insurance, medical healing or food security. Others want maximum freedom. There are many different priorities; not everyone has the same needs and priorities.”

We are so grateful to have met Will and for his continued community advocacy work through Groundcover News and MissionA2 (Michigan Itinerant Shelter System-Interdependent Out of Necessity, a collection of community members providing food and communal space “for the community to come together to combat homelessness”). He is a role model for social and racial justice. We are excited to show you a glimpse of the amazing person behind the mighty typewriter.

On Becoming A Writer

I was introduced to writing at a young age by my family. Writing is a way to connect to the community. I see myself as a community educator, to share what I have learned with members of the community. A poet and writer likes to share their private feelings in public places.

I made a commitment to Groundcover News to write about different cultures. The book “Cultural Literacy: What Every American Needs to Know” by E.D. Hirsch really impacted me and my writing. I have been able to write

about St. Patrick’s day, Ramadan, the Stonewall riots in NYC and the LGBTQ community.

Writing has become a therapy for me, in addition to community education. I enjoy the writing and research that I do. It is a labor of love to write. I have people who are always asking me what I am going to write next. One of the things that gives me a sense of satisfaction and accomplishment is when some of Groundcover News’ readers come to me and say that they’ve learned something new.

Why do you think people should read Groundcover?

Groundcover News is a community newspaper. It was founded right after the Ann Arbor News stopped publishing every day and instead went to publishing just twice a week. The publisher of Groundcover News at that time, Susan Beckett, was motivated to publish this paper due to the poverty and vulnerability of members in our community. She wanted to publish it as a way to help poor and homeless people have an income by selling the paper to help people to buy food, transportation, etc.

I don’t write for Groundcover News for the money. We have gotten positive reviews from many people, including professors. One professor who had been reading Groundcover News since it was founded told me that my writing was just as good as what he had read in major newspapers like the New York Times and Washington Post!

What are your goals for advocacy and writing in the future?

I am currently working on a project called “The Homeless in Ann Arbor: Who They Are and What They Want.” It was started more than five years ago. The work was inspired by an article written by a professor of psychology: “The Squatters of Lima: Who They Are and What They Want” as well as my writing about warming centers.

Learning points from this work were that [people who are] homeless are not a monolith. There is diversity and complexity within their experiences. Some may say they want housing or security, some want medical insurance, medical healing or food security. Others want maximum freedom. There are many different priorities; not everyone has the same needs and priorities. For example, I once was talking to a woman at Delonis, and her main priority was to find a boyfriend.

Tell us about your work with MissionA2?

When I started to work with MissionA2, I was on the board for five years. As a member of the board, I was on the finance sub-committee. We were a group of around five to six people who talked about fundraising to buy homes and renovate them to create affordable housing. There was a lot of discussion about what kind of building and the design layout to make — small, single occupancy buildings versus homes with multiple rooms in them.

This was a way to provide community living so that people can live on the first or second floors and then share a community dining space. Some people just want their own small building (tiny house) as a model to use. Because Purple House, a project of MissionA2, is only on three acres of land, they were trying to figure out how they wanted to use the space to design housing. I think they should build a community center using the Gilbert Court model as the ideal. In this model, people each have their own bedrooms but share a kitchen, bathroom and dining space.

Reflections on the word ‘community’

To me, a sense of community is a place where peace, love and people gather together in harmony, in cooperation and in service to one another.

Fundamentally, there must be a basic sense of respect. You give and expect respect in return. Respect is not something you earn. Respect is a basic human right in a civilized society.

MissionA2 and Mercy House communities work because there is peace and a peaceful coexistence. Trust, on the other hand, is earned. However, respect is expected, not earned. Trust is something you build with consistency. You do not build trust by being a hypocrite or being an equivocal person. You want people to consistently treat you the same way.

In my opinion, the three most important things in relationships are:

1. Respect.
2. Communication: There is so much variation in this, so many dimensions. Listening, talking, writing and non-verbal communication. However, most human beings want peaceful communication, not melodramatic or acrimonious communication.
3. Trust, which is honored and built through consistency. It is possible to relate to someone you do not trust, but there needs to be mutual respect. It is difficult to have relationships with people who do not capture all three of these qualities. In a healthy community, you need all three of these. The most basic ones are the first two.

I like the idea of Mercy House; however sometimes there is a difference between the rhetoric and the reality. The rhetoric is a peaceful setting; we have Mercy House because we want to show mercy. A part of showing mercy is to do whatever we can to alleviate hunger, to help vulnerable people survive, to help alleviate poverty and homelessness. We hope we can provide a peaceful environment so that mercy, love and giving people hope can be achievable. But the bottom line is that there is risk involved in bringing people together who have psychiatric problems. There is everyday anger against one another, everyday challenges that come with this.

Sudoku

★★★★☆ 4puz.com

6	9	4				3	1		
						7	3		
	2			9	1				
9					2			1	
4									8
	8		1						9
			6	2			5		
		6	3						
		2	5			9	4	6	

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other

Groundcover vendors, especially vendors who have been suspended or terminated.

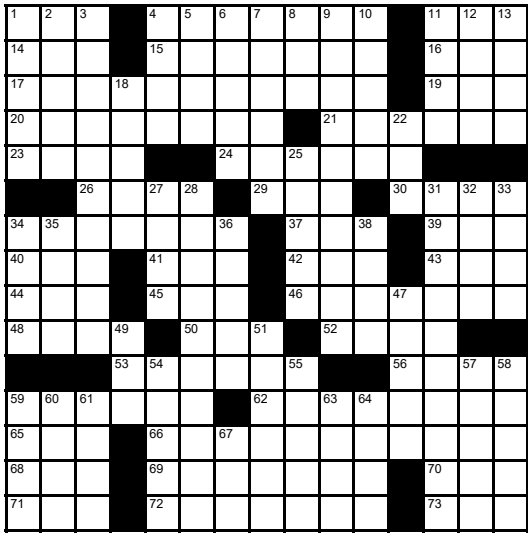
- I agree to treat all customers, staff, and other vendors respectfully. I will not “hard sell,” threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor corner policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you would like to report a violation of the Vendor Code please email contact@groundcovernews.com or fill out the contact form on our website.

That's A Switch!

by Tracy Bennett and Victor Fleming

- ACROSS
1. 2023 opener: Abbr.
 4. Put forth for acceptance
 11. Unruly crowd
 14. Big Red rival, in Ivy League sports
 15. "Very fancy!"
 16. Belt maker's tool
 17. "Stranger Things" actress whose name alternates consonants and vowels
 19. Knotted neckwear
 20. Historic first lady whose name alternates vowels and consonants
 21. Son of a sister
 23. ____-majesté (high treason)
 24. "Watch out!"
 26. Angry
 29. "... we'll ____ a cup o' kindness yet ...": Burns
 30. Stick, in Spanish
 34. Fleets of warships
 37. Amber, once
 39. "Flying" role for Sally Field
 40. Biz biggie
 41. Actress de Armas
 42. Sequence before Friday's
 43. Kind
 44. One following Attila
 45. Item on a car floor
 46. Thoroughly enjoy, as flattery or a smorgasborg
 48. Fencing blade
 50. Golfer Se Ri ____
 52. Zilch
 53. " ____ dias"
 56. Basic lessons
 59. Social networking site since 2007
 62. Exotic dancer and spy whose name alternates consonants and vowels
 65. "Miracle on Ice" team
 66. Serbian basketball star whose name alternates consonants and vowels
 68. Swamp land
 69. Yankee bread made with flour, cornmeal and molasses
 70. Broody music genre
 71. "Don't give up!"



© Tracy Bennett and Victor Fleming (published via Adobe Acrobat DC)

72. Classic desktop item
73. Kyo ____ of "Star Wars"

DOWN

1. Tiara inset
2. Still in the game
3. Activist, pianist and singer whose name alternates consonants and vowels
4. Southern bread made with flour, cornmeal and buttermilk
5. Pridelful noise?
6. Laura Petrie's exasperated cry
7. Meshy protection from insects
8. Craze
9. Supreme Court justice whose name alternates vowels and consonants
10. More difficult to find
11. Addition or subtraction, e.g.
12. Baby's boo-boo
13. Botched
18. Musical drama
22. Get-up-and-go
25. Fritter away
27. Ball-shaped cheese
28. Former White House Press Secretary whose name alternates consonants and vowels
31. Soul ballad singer whose name alternates vowels and consonants
32. Remarkable person, object or idea
33. Like a potato-paring PFC
34. Belly pain
35. Volunteer for more time in the service
36. Cloven-hoofed fiend
38. Falafel holder
47. Boise's state
49. Decline
51. Island for which a "dragon" is named
54. Of a forearm bone
55. Sandwich alternative at Zingerman's
57. Murdery mystery genre
58. Order to go after, as a dog
59. Clump of feathers or grass
60. One booting up a computer
61. More than several
63. Domesticated
64. "Foaming cleanser" of old ads
67. ____-Kan (Alpo alternative)

REBUS PUZZLES

ASHLEY RAEDLE
GROUNDCOVER CONTRIBUTOR

1. M1Y L1F1E1
2. Get it Get it Get it Get it
3.T
O
W
N

Each weird arangement of numbers and letters represents a common word or phrase!

➡ WILL from last page

What do you wish healthcare providers knew about homelessness?

Quite a few people in the homeless community do not want to go to Delonis because they want freedom and a life without having to follow rules. Many of them will not seek out medical help until it is too late. One good thing that MissionA2 is doing is to try to connect people to health services. During the COVID-19 pandemic, MissionA2 and Delonis, along with the Ann Arbor local government, worked to ensure that people who were

homeless had received their COVID-19 vaccines. They also worked to provide hotel spaces to allow for safe social distancing. Up to 100 people were housed in the hotels at one time.

People in healthcare need to know that people may make choices that are not in their best interest. We have people at Delonis, Purple House and Mercy House who will never take the vaccine, but there are also people who did take it. There is a lot of intermingling of people of different vaccination statuses.

Go visit "Latoya Ruby Frazer: Flint is family in three acts"

Act three of the “Flint is Family In Three Acts” on display at the U-M Stamps gallery, is a must-see exhibit. Latoya Ruby Frazer’s exhibit highlights the advocacy and adversity of the Flint community throughout the Flint water crisis.

Latoya Ruby Frazer, the creator of the display, is a visual artist working in photography, video, and performance to address industrialism, communal history and healthcare inequality. The exhibit presents a series of photographs, videos and stories over a five-year span, highlighting the marginalized communities within Flint. Frazer amplifies the voices and stories of Flint residents and how they endured one of the most devastating ecological crises in United States history.

The Flint water crisis may seem like an issue of the past but it is still happening today and affecting hundreds of people in Flint, specifically poor communities and people of color. This free-of-charge and open-to-the-public exhibit on 201 South Division Street in Ann Arbor is a great way to learn about the Flint Crisis and experience social change through art.

To provide some backstory, Flint is known as the “birthplace of General Motors.” The city was a large and strong community, but as the automotive plants began to shut down, due to rising oil prices and automotive imports, people began to lose their jobs and relocate to other areas. Flint’s



KIRSTEN ZVIBLEMAN
U-M Student contributor

population shrank to about 100,000 people, a majority of whom were African-American, and about 45% of them lived below the poverty line.

These were the demographics of Flint when, in 2014, it was decided by a state-appointed financial manager that the city would switch their water source from the Detroit supply to the Flint river in order to save money. The acidic chemistry of the Flint River water caused water distribution pipes to corrode and leach lead and other contaminants into the city’s drinking water. Although the Flint river was notorious for being unpleasant, officials failed to treat the water or conduct adequate testing.

The people of Flint began to complain of skin rashes, hair loss and itchy skin, but complaints were continuously overlooked by government officials until a state of emergency was declared in January, 2016. It caused the third largest outbreak of Legionnaire’s Disease (a severe form of



Frazer’s photo essay is on exhibit at the U-M Stamps Gallery in downtown Ann Arbor and exists in photobook format. It can be purchased online at delphireandco.com.

pneumonia) in United States history. The lead in the water affected the health of people throughout the Flint community. The blood lead levels in children nearly doubled citywide between 2014 and 2015 from drinking the contaminated water for 18 months. The Michigan Civil Rights Commission declared the poor governmental response to the crisis “a result of systemic racism.”

Frazer’s exhibition goes deeper into the stories of the Flint community and this extreme act of environmental injustice. The exhibit highlights the community’s fight to get clean water but also how they persevered and found creative solutions to the problem.

Frazer’s inspiration for the project was the lack of mass media surrounding the Flint water crisis; as a

world-renowned photographer she wanted to shed light on the issue. According to the Gordon Parks Foundation, her goal for the exhibit is to provide a “twenty-first century survey of the American landscape that reveals the persistent segregation and racism that haunts it. In equal measure, it is also a story of a community’s strength, pride, and resilience in the face of an ongoing crisis.”

Gallery information:
The exhibit will be showing at Stamps gallery (located in downtown Ann Arbor at 201 South Division Street) from now until January 14, 2023.
The gallery is open Wednesday-Saturday 11 a.m.- 5 p.m. with exception to Thursday being open until 7 p.m.
This exhibition is free of charge.
For more information check out stamps.umich.edu/events

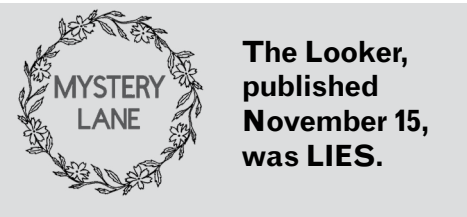
➡ MYSTERY from page 3

She thought Dinah was acting strange, not speaking and acting as if she did not know her. Roslan was upset — they never treated each other that way. She wondered what was wrong with her friend. After dinner she went over to check up on Dinah and asked her about the grocery store. “Why did you act like I was a total stranger looking at me like that?” she asked. Dinah did not understand. She had not been to the store that day. Suddenly her water broke. She was in labor. Roslan said, “If I go to the hospital with you, please don’t wake up and act as if you don’t know me.” Dinah laughed, not thinking about what Roslan had said. Roslan grabbed her suitcase and they rushed to the hospital.

Kevin was already there waiting. Seven hours of labor finally resulted in a baby boy born on Christmas Day.

Dinah was exhausted and she quickly faded to sleep. But when she had awoken, the nurse brought her a baby girl. Dinah was upset and angry, she knew she had a boy and that wasn’t her baby. She was crying, stating they stole her baby. She had a boy, not a girl. Dinah got up and went to the nursery. At the same time there was another woman crying, standing, and peering through the window looking for her daughter. The lady’s name was Dianna.

They had given Dianna a boy instead of a girl. She turned around to see who was standing beside her. They both looked at each other — they were identical! Dinah had found her twin sister she never knew about on Christmas Day.



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Sunday Worship Time
10:00 am In-person
and via Live Stream and Radio Broadcast

Indian summer



CHRISTOPHER ELLIS
Groundcover vendor No. 483

All these leaves and colors
that impend, and voices to
histories behind, or
the present, and
the chill;

seems a masquerade, or some beautiful
quirk, a cold warm dive in a
pool, a consciousness
in all places;

as if the universe in an altered state, a delicate delicious
balance to give a devious choice, whether,
to feel that complex wind, or
mixed sauna.

➡ BOJACK from page 6

When it is Secretariat’s turn to perform his final act, he reads a poem titled “The View From Halfway Down,” which recounts his thoughts as he jumped off the bridge to his death. This piece reveals Secretariat’s true feelings about his demise and provides a haunting view on the consequences of suicide. He describes the peaceful feeling of the wind and sun as he falls towards the river. He reads, “It’s all okay, it would be, were you not now halfway down.”

Secretariat realizes mid-poem that he doesn’t want to die, frantically stating, “I changed my mind,” but it’s too late. He continues to ramble as he is being ushered towards the door and shouts, “I wish I could have known about the view from halfway down!” before being sent into the void.

This poem, along with the incredible musical score and Will Arnett’s voice acting, is a hauntingly beautiful attempt at suicide prevention. It allows both Bojack and viewers to think about the irreversible consequences of committing suicide, and consider the possibility that they may regret taking their own lives.

After the episode’s release, fans of the show flocked to social media to discuss how they were impacted by this powerful moment. One Reddit user wrote, “As someone who’s been through a lot of ideation, this poem

is so savagely raw and frightening, but gives the exact right message.” Another commenter on Youtube shared, “This scene truly did better to prevent my suicidal thoughts than anything else.”

The episode also gave people the courage to share their own “view from halfway down” experiences and communicate that experiencing regret during or after a suicide attempt is very common. It opened up a safe space for people to talk about mental illness and suicide with a community of people who have similar experiences. While there is no documented evidence of how many lives “The View From Halfway Down” saved, it undoubtedly had a major impact on hundreds of people and created a new narrative on depression and suicide prevention.

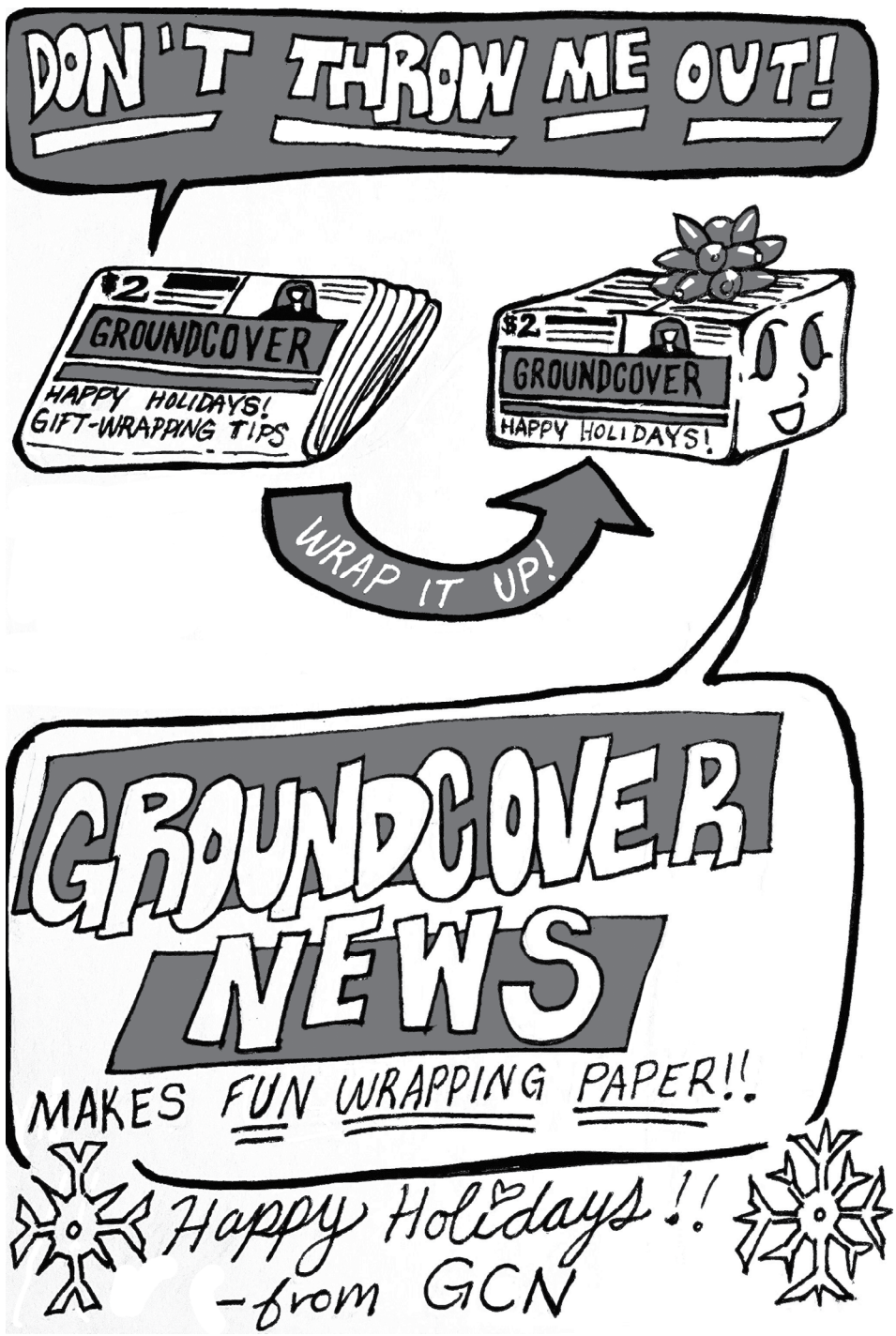


Bojack Horseman.

Angelz in the sky

TERESA BASHAM
Groundcover vendor No. 570

Missing you so much,
knowin I'll never be able to touch,
Never see your face,
I Kno youz in a better place,
Knowing you're up there watchin over me,
Knowin it'z gonna be,
One day I'll be,
able to. See you,
Touch you,
Hold you,
For now I'll be,
Missin keepin you
In my soul, spirit & mind,
Thinkin of youz all the time,
Knowin youz be,
My beautiful angel above,
Knowin I'll always miss and love,
You'll always be the one I think of,
When I'm in need,
You're my angelz I'll always call on,
Even when nothang izz wrong.
To my beautiful angelz in the sky.



Chocolate amaretto no-bake cheesecake

HAL KLENK

Groundcover vendor No. 88

Ingredients for crust:

5 Tablespoons butter
1 ¼ cup crushed graham crackers
(chocolate or regular)
2 Tablespoons white granulated sugar

Ingredients for filling:

5 oz. dark chocolate
½ cup Amaretto liquor
1 pkg cheesecake mix
1 1/4 cup cold milk

Directions:

Melt butter and allow to cool slightly. In the meantime, mix the graham cracker crumbs with the sugar. Stir in the butter.

Empty the mixture into a 9-inch pie pan and press into place with a fork so it is evenly distributed along the bottom and up the sides.

Melt chocolate and allow to cool slightly.



Gently stir the milk into the cheesecake mix, then beat for 3 minutes. Stir in melted chocolate and Amaretto.

Pour filling over crust and spread evenly. Chill in the refrigerator until set, at least 1 hour.

Top with shaved almonds or whipped cream, if desired!

PUZZLE SOLUTIONS

6	9	4	2	5	3	1	8	7
1	5	8	4	6	7	3	9	2
7	2	3	8	9	1	4	6	5
9	3	5	7	8	2	6	1	4
4	6	1	9	3	5	2	7	8
2	8	7	1	4	6	5	3	9
8	1	9	6	2	4	7	5	3
5	4	6	3	7	9	8	2	1
3	7	2	5	1	8	9	4	6

1	J	A	N		4	P	R	O	F	F	E	R			11	M	O	B
14	E	L	I		15	O	H	L	A	L	A				16	A	W	L
17	W	I	N		18	O	N	A	R	Y	D	E	R		19	T	I	E
20	E	V	A	P	E	R	O	N		21	N	E		22	P	H	E	W
23	L	E	S	E				24	B	E	W	A	R	E				
				26	I	R	E	D		29	T	A	K		30	P	A	L
34	A	R	M	A	D	A	S		36		37	S	A	P		38	N	U
40	C	E	O		41	A	N	A		42	T	G	I		43	I	L	K
44	H	U	N		45	M	A	T		46	E	A	T		47	I	T	U
48	E	P	E		49			50	P	A	K		52	N	A	D	A	
				53	B	U	E	N	O	55				56	A	B	C	S
59	T	U	M		60	B	L	R		62	M	A	T		63	A	H	A
65	U	S	A		66	N	I	K		67	O	L	A		68	J	O	K
68	F	E	N		69	A	N	A		70	A	D	A		71	E	M	O
71	T	R	Y		72	R	O	L	O	D	E	X			73	R	E	N

Rebus puzzle solutions: 1. For once in my life. 2. Forget it. 3. Downtown.



St. Francis of Assisi Parish

"If God were your Father, you would love me,
for I came from God and am here;
I did not come on my own, but he sent me."
+ Christ Jesus (John 8:42)

Come Worship With Us!

Mass Schedule

Saturday 5 pm (English) & 7 pm (Spanish)

Sunday 8:30 am, 10:30 am,
12:30 pm, 5 pm

2250 East Stadium Blvd., Ann Arbor
www.StFrancisA2.com 734-821-2100

Christmas masses:

**On Christmas Eve Saturday, Dec 24th, 4pm, 6pm,
8pm (in Spanish) & 10:30pm.**

On Christmas Day Sunday, Dec 25th, 9:30am & 11:30am.

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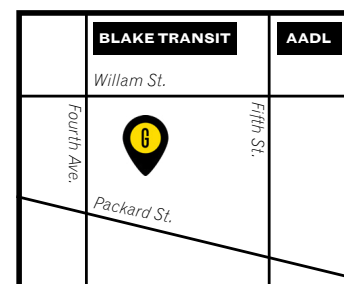
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The Groundcover office is located in the basement of Bethlehem United Church of Christ (423 S 4th Ave, downtown Ann Arbor)